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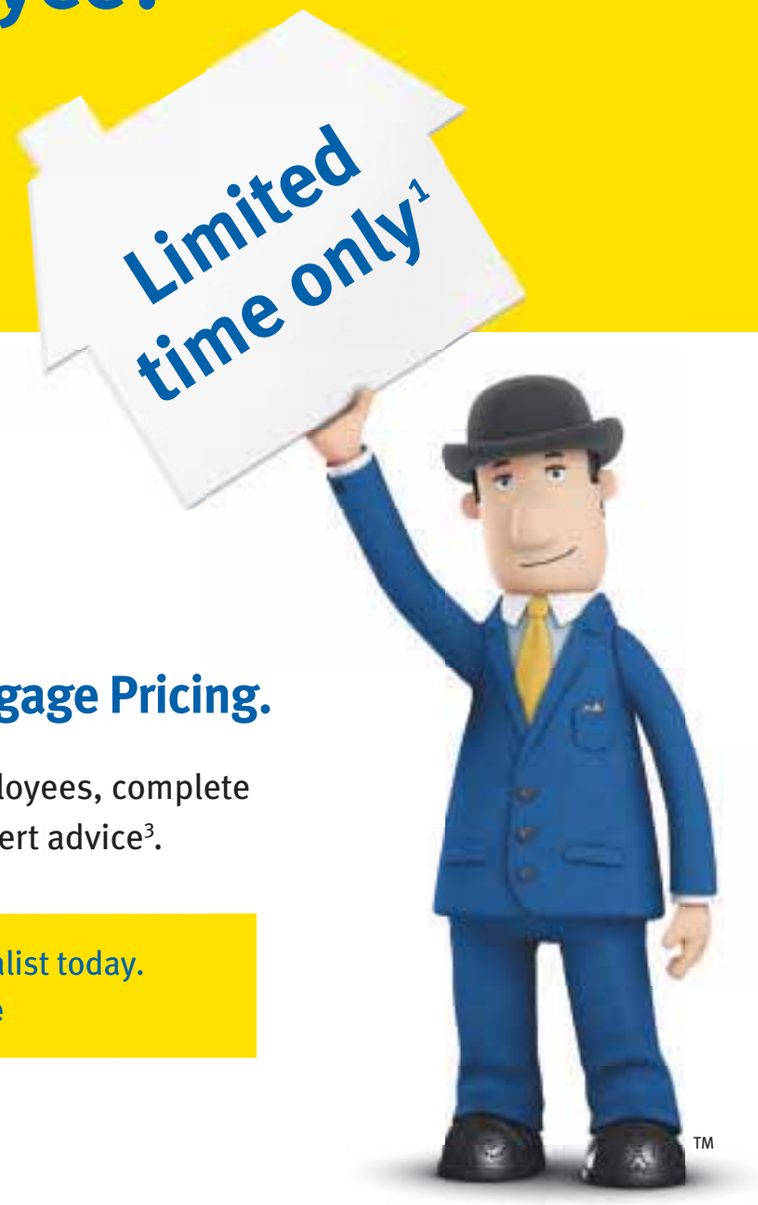

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MISSION TO MARS

PART 1 OF OUR FEATURE ON A HUMAN EXPEDITION TO THE RED PLANET EXPLORES HOW WE'LL GET THERE.

PAGES 6 & 7

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NOT SO STERLING

NBA Commissioner Adam Silver, left, addresses the media during a news conference in New York on Tuesday. Silver announced that Los Angeles Clippers owner Donald Sterling has been banned for life by the league, in response to racist comments the league says he made in a recorded conversation. See story, page 5. PHOTO ILLUSTRATION/DAVID VAN DYKE/METRO, GETTY IMAGES, THE CANADIAN PRESS

New Saskatchewan employment rules now in effect

Changes. Regulations stipulate people called to work outside of their scheduled shifts will have to be paid three times their hourly wage

New provincial labour regulations, including a stipulation indexing the minimum wage, went into effect on Tuesday.

The Saskatchewan Employment Act rolls together about a dozen pieces of labour legislation into one omnibus law.

The regulations say that interns are employees if they have the same duties as other workers, and must be paid.

"Employers were sometimes taking advantage of those people, saying, 'Well, you're an intern. Therefore you will not be paid for this,'" Labour Minister Don Morgan said at the legislature.

"So we've said, 'Interns, you're going to get paid.'"

The regulations create a separate class for student learners, such as student teachers who do work placements for educational programs.

People who are called to work outside of their scheduled shifts will have to be paid three times their hourly wages.

The regulations also say retail workers should get two consecutive days off and, when possible, one of those days should be a Saturday or a Sunday.

The Employment Act includes a section to be completed when the Supreme Court of Canada rules on a challenge to the province's essential services legislation.

The essential services law says employers can dictate which workers are so needed that they can't walk off the job. The Saskatchewan Federation of Labour has been challenging that legislation since it was passed in May 2008.

The labour federation said the regulations leave a number of questions, particularly on "issues of scope and supervisors," unanswered.

Federation president Larry Hubich said in a release that the Employment Act "could potentially mean that thousands of Saskatchewan people are driven out of their organizations, and that thousands more will be prohibited from exercising their constitutional right to join a union."

Under the Employment Act, the minimum wage indexation is the equal weighting of percentage changes in the consumer price index and average hourly wage for the previous year. The regulations also allow employers and workers to agree to average hours over one to four weeks, so an employee might work 160 hours over four weeks — with five eight-hour days a week, or four 10-hour days. THE CANADIAN PRESS WITH FILES FROM MARCO VIGLIOTTI/METRO

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NEWS 1

North Battleford

New hospital to treat mentally ill alongside inmates

Saskatchewan is building a new hospital in North Battleford that will provide mental health services to the general population, as well as to inmates.

Health Minister Dustin Duncan says the hospital will have 188 beds for mental-health patients who require in-patient rehabilitation. The complex will also include an adjoining correctional facility for both male and female offenders.

Programming and treatment for the two populations will be separate.

Construction on the public-private project is to begin the summer of 2015.

THE CANADIAN PRESS

Bill Hutchinson

Two-term MLA loses bid to run for Sask. Party

Two-term Saskatchewan Party MLA Bill Hutchinson has lost his bid to run for the party in the next provincial election.

Hutchinson was first elected to the legislature in the constituency of Regina South in 2007 and was re-elected in 2011.

He had hoped to run again in the newly drawn constituency of Regina Pasqua, but lost the nomination Monday night to small business owner Muhammad Fiaz.

Fiaz says he's looking forward to running in the next election, which is expected in April 2016.

THE CANADIAN PRESS

Province's worst

Record response reveals road most worthy of derision

A highway that drivers say is riddled with potholes, severe rutting and poor signage has been named the province's worst road.

Highway 24 near the village of Leoville, northwest of Prince Albert, has topped the top-10 list in the third annual Canadian Automobile Association of Saskatchewan's survey of motorists.

The association says a record 4,651 votes were cast this year.

CJME/THE CANADIAN PRESS

A photo from Greg Johnson, the tornado hunter, shows a mile-wide tornado over the Arkansas River on Sunday. CONTRIBUTED

Sask. storm chaser sees U.S. devastation first-hand

'Like a war scene.'
Regina man documents deadly system as Obama declares Arkansas a major disaster area

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A violent storm system in the southern United States has left more than 30 people dead — and Saskatchewan storm chaser Greg Johnson was one of those monitoring the deadly system.

Speaking to Metro from St. Paul International Airport in Minneapolis, Minn., on Tuesday, Johnson, a Regina resident, was chasing the system over the weekend with his three-person team.

He was in Vilonia, Ark., when a tornado touched down and said the scene was one of devastation. Noting the destruction that follows the natural phenomena is the hardest part of the job.

"It's extremely difficult," he said.

"On Sunday night when we were in Vilonia … there were people that were killed that we witnessed."

"There were injures of all kinds, including people being impaled by two-by-fours," he said. "It was like a war scene."

According to the Arkansas Department of Emergency Management, as of Monday night it's been confirmed 15 people were killed in the state.

Kathy Wright, public information officer with the department said residents in the areas of Mayflower, Ark., and Vilonia, which were hit hardest, are bouncing back.

"The damage was extensive (and) they are in the middle of more the clean up side of it at this point and trying to pull their lives back together," she said.

Wright said Arkansans have received "overwhelming" support from private industries, churches and community groups.

"Attitudes are very positive as they work through a very difficult time," she said.

Mississippi, Texas, Alabama and Tennessee also reported fatalities.

On Tuesday, U.S. President Barack Obama declared the area a major disaster and ordered federal aid supplement relief efforts.

WITH FILES FROM THE CANADIAN PRESS

Widow says gov't insurer won't pay out

A Regina woman whose husband died in a car crash says Saskatchewan Government Insurance won't compensate her because a drunk driving charge against the man responsible for the collision was stayed.

Rosmarie Boxall says it's been a nightmare trying to deal with SGI since her husband, John, was killed in February 2013.

John Boxall's vehicle was hit by a stolen pickup truck speeding through an intersection.

Jordan Thomas Lee McNabb pleaded guilty to criminal negligence causing death, but a charge of impaired driving causing death was stayed.

Rosmarie Boxall says SGI has told her that she can't get compensation under the Fatal Accidents Act because there was no impaired driving conviction — even though court heard McNabb was drunk.

Donna Harpauer, the minister responsible for SGI, says she can't overrule the decision, but she says she wants a review of injury coverage.

THE CANADIAN PRESS

Woman seeks Canada's help for spouse's release

Man held in Egypt.
Health of former Morsi aide failing after 300 days

Sarah Attia, wife of Khaled Al-Qazzaz. ADRIAN WYLD/THE CANADIAN PRESS

A Canadian woman is pleading for federal help to convince Egypt to release her husband from captivity in a Cairo jail.

Sarah Attia says the health of her husband, Khaled Al-Qazzaz, is deteriorating.

Attia says she's growing more worried about his fate after word this week that more than 680 people with ties to ousted president Mohammed Morsi were added to a list of those facing death sentences.

Al-Qazzaz is a former aide to Morsi and a permanent resident of Canada.

He was arrested along with Morsi and eight other presidential aides early in July of last year when the Egyptian military removed Morsi from office.

While Al-Qazzaz has yet to be charged with any offence, Monday marked 300 days since his arrest.

Attia, who was born in Canada, was scheduled to meet Tuesday with Mississauga MP Stella Ambler.

Attia and Al-Qazzaz have four children ranging in age from one-and-a-half to eight years old. The two met while studying at the University of Toronto and moved to Egypt in 2005 to launch an educational project.

Al-Qazzaz campaigned for Morsi following the 2011 Egyptian uprising and was later appointed the former president's secretary on foreign relations.

"There is an increased concern that, any moment now, Khaled may witness trumped-up charges and, like others, face a death sentence as well," Attia told an Ottawa news conference.

She said she's aware that Foreign Affairs Minister John Baird recently raised Al-Qazzaz's case with the new Egyptian regime, but has no details of the discussions.

Two weeks ago Attia said she was planning to return to Cairo after raising awareness about her husband's plight.

But now she fears that she, too, could be arrested if she goes back, because media reports in Cairo have suggested she is paying reporters in Canada to promote sympathy for her case.

THE CANADIAN PRESS

Price tag for jets could soar

A F-35 is seen during the Joint Services Open House and Air Show at Andrews Air Force Base in Maryland. A new report says the operating costs of Canada's proposed new stealth fighter could be much higher than what the Harper government is acknowledging.

BRENDAN SMIALOWSKI/GETTY IMAGES

Ferry disaster. Search continues for bodies aboard sunken vessel

South Korea's president apologized Tuesday for the government's inept initial response to a deadly ferry sinking as divers fought strong currents in their search for nearly 100 passengers still missing nearly two weeks after the accident.

The government also raised the death toll for what has become a point of national mourning and shame to 204. Most of the dead and missing are high school students.

Divers are largely using their hands to feel for remaining bodies as they make their way through a maze of dark cabins, stairwells, storage rooms, lounges and restaurants in the submerged ferry, which flipped upside down as it sank April 16. But they must fight strong currents swirling around the ferry and, once inside, overturned furniture, mattresses and other debris floating in the murky, sediment-heavy waters.

President Park Geun-hye's apology, and the earlier resignation of her prime minister, comes amid rising indignation over claims by the victims' relatives that the government did not do enough to rescue or protect their loved ones.

THE ASSOCIATED PRESS

Alberta

Khadr's status before court

Former Guantanamo Bay detainee Omar Khadr turns to Alberta's top court Wednesday in hopes of having his eight-year prison term recognized as a youth rather than an adult sentence. THE CANADIAN PRESS

Toronto

New terror group

A Canadian organization, the International Relief Fund for the Afflicted and Needy, has been formally branded a terrorist group before the start of a court battle over the revocation of its charitable status.

THE CANADIAN PRESS

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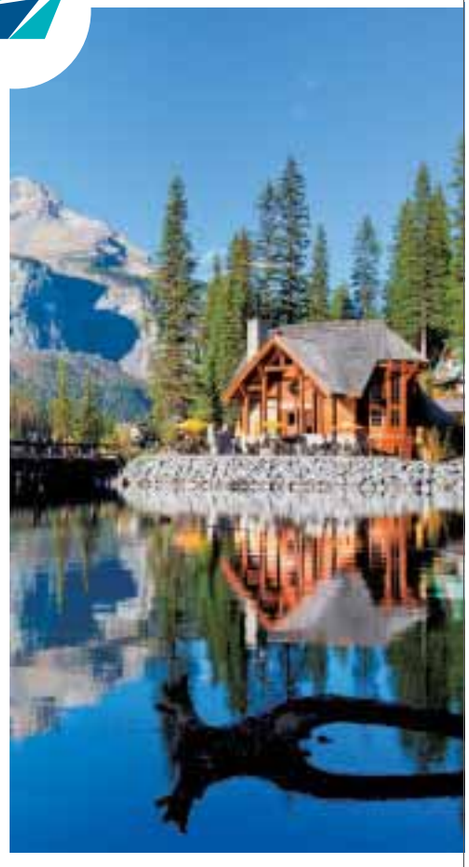

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WESTJET

Italian court. Judge says Knox delivered 'mortal blow' in 2007 murder

The Italian appeals court that reinstated the conviction against Amanda Knox in her British roommate's 2007 murder said in a lengthy reasoning made public Tuesday that Knox herself delivered the fatal blow out of a desire to "overpower and humiliate" the victim.

Presiding Judge Alessandro Nencini concluded in a 337-page document that the evidence "inevitably leads to the upholding of the criminal responsibility" against Knox and her former Italian boyfriend Raffaele Sollecito for the murder of 21-year-old Meredith Kercher in a hillside villa occupied by students in the university town of Perugia.

The judge said the nature of Kercher's wounds, which he said were inflicted by two knives, and the absence of defensive wounds indicated multiple aggressors were to blame, also including Rudy Hermann Guede, an Ivorian man convicted separately and serving a 16-year sentence.

Nencini presided over the Florence-based panel that reinstated the first trial guilty verdicts against Knox and Sollecito in January, handing Knox a 28 1/2 year sentence including the additional conviction on a slander charge for wrongly accusing a Congolese bar owner. Sollecito faces 25 years.

The release of the court's reasoning opens the verdict to an appeal back to the supreme Court of Cassation.

The University of Washington student has been in the United States since 2011, when her earlier conviction was overturned. Knox, 26, has vowed to fight the reinstated conviction, saying she would "never go willingly" to Italy to face her judicial fate.

Kercher was found dead in a pool of blood in the apartment she and Knox shared in the town of Perugia, on Nov. 2, 2007. Her throat had been slashed and she had been sexually assaulted.

THE ASSOCIATED PRESS

The decision

Nencini's reasoning assigned the role of each assailant:

- Sollecito, now 30, used a small knife that caused a wound on Kercher's neck and also was used to remove her bra, the judge wrote, while Guede restrained and sexually assaulted the victim. Knox "delivered the only mortal blow," with a kitchen knife, the judge wrote.

Amanda Knox THE ASSOCIATED PRESS FILE

Pro-Russian activists storm an administration building in the centre of Luhansk, Ukraine, one of the largest cities in Ukraine's troubled east on Tuesday as demonstrators demand greater autonomy for Ukraine's regions. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Ukrainian activists seek referendum

Eastern Ukraine. Pro-Russian insurgents have been holding European military observers since Friday in Slovyansk

Protesters demanding more power for Ukraine's regions stormed the government building in Luhansk with baseball bats Tuesday, seizing control of a key site in one of the largest cities in Ukraine's troubled east.

The move further raises tensions in the east, where pro-Russia militias have seized city halls, police stations and other government buildings in at least 10 cities and towns.

In Slovyansk, the insurgents have been holding seven European military observers since Friday. Russian President Vladimir Putin said late Tuesday that he hoped they will be released soon.

The demonstrators who overran the building in Luhansk are seeking — at the very least — a referendum on granting greater authority to Ukraine's regions.

Eastern Ukraine, which has a large Russian-speaking population, was the heartland of support for Viktor Yanukovych, the ousted president who fled to Russia in February. The government that replaced him in Kyiv has resisted those demands so far, fearing they could lead to a breakup of the country or mean that more regions could join Russia, as Crimea did.

The storming came as 1,000 demonstrators gathered in front of the building. About 150 people, some masked and wielding baseball bats, broke out of the crowd and charged into the building, meeting no resistance. Later protesters formed a corridor to allow police inside the building to leave.

Luhansk, a city of about 450,000, is just 25 kilometres west of the border with Russia.

Regional autonomy is a core issue in the unrest in eastern Ukraine, where insurgents fear that the government that took power after Yanukovych fled will suppress the Russian-speaking population.

THE ASSOCIATED PRESS

Ukrainian elections

Monitoring the vote

The Harper government has hired two agencies with relatively little experience in elections monitoring to organize 338 bilateral, short-term Canadian observers for next month's Ukrainian presidential vote.

The government has hired the Forum of Federations and CUSO International to replace its longtime Ukraine election partner, the non-governmental organization Canadem.

THE CANADIAN PRESS

Suspect dead

Six wounded in FedEx shooting

A FedEx employee wearing ammunition across his chest opened fire Tuesday at a package-sorting centre outside Atlanta, wounding six people, three critically, before committing suicide, police and witnesses said.

THE ASSOCIATED PRESS

Botched execution

Death row inmate dies of heart attack

An inmate whose execution was halted because of a botched drug combination died of a heart attack, the head of the Okla. Department of Corrections said. Officials said Clayton Lockett had vein failure during the execution. THE ASSOCIATED PRESS

Colorado

BYOW: Like BYOB, but with weed

Saying it's bring-your-own-weed, the Colorado Symphony Orchestra will play a series of fundraising concerts sponsored by the state's growing pot industry.

In a statement Tuesday, symphony CEO Jerome Kern says they're part of efforts to reach a broader audience.

Listeners are encouraged to bring their own marijuana to smoke or eat. Smoking will be allowed at the private venues where the first two 21-and-up concerts will be held. Organizers say they will follow the rules at the final show at the publicly owned Red Rocks Amphitheater, where smoking is banned.

THE ASSOCIATED PRESS

Mexico City

Passenger kills robbers on bus

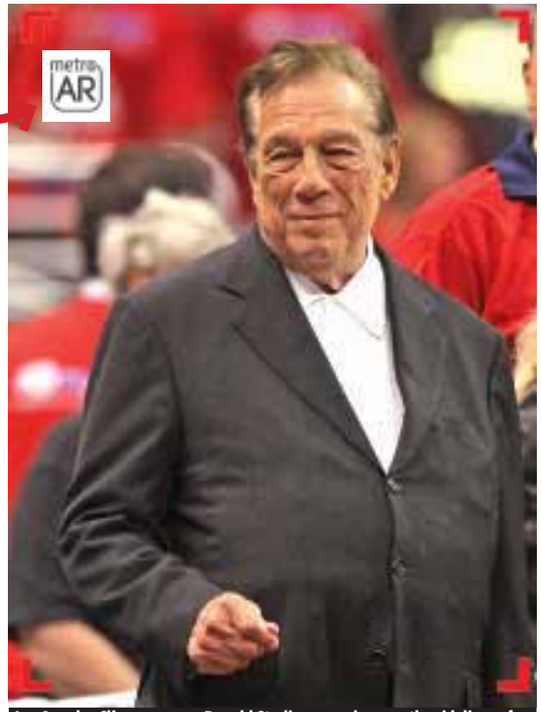
Mexico City officials said Tuesday an unidentified man disarmed a thief trying to rob passengers aboard a bus, then shot him and another thief to death before fleeing.

The Mexico City officials said the bodies of two men were found at the scene late Monday, as were two pistols — one of them a toy.

Officials quoted witnesses saying the two men were allegedly robbing passengers at gunpoint when a bus rider wrestled a gun away from one thief, shot him and the accomplice. He has since been labelled "the anonymous avenger," or "Vengador Anonimo" in local media.

THE ASSOCIATED PRESS

See that symbol? Scan the image below with your Metro News app to listen to Donald Sterling's conversation with his girlfriend.



Los Angeles Clippers owner Donald Sterling, seen here on the sidelines of a 2012 NBA playoffs game, won't get to watch his team in the current playoffs after the NBA banned him for life in response to racist comments the league says he made in a recorded conversation. STEPHEN DUNN/GETTY IMAGES FILE

NBA clips Sterling's wings with lifetime ban

Racist comments.
League commissioner says Clippers' owner acknowledged he was the man on the tape

Issuing about the strongest rebuke that he could, NBA Commissioner Adam Silver banned Los Angeles Clippers owner Donald Sterling for life Tuesday for making racist comments in a recorded conversation, the first step toward forcing a sale of the club and permanently removing Sterling from the league.

Silver also fined Sterling $2.5 million US.

Sterling, the league's longest-tenured owner and someone with an estimated net worth of about $2 billion US, did not offer any immediate comment.

Silver said a league investigation found that Sterling was in fact the person on the audiotapes that were released over the weekend.

Sterling still owns the team, but going forward he is immediately barred from attending any NBA games or practices, being present at any Clippers office or facility, participating in any business or player personnel decisions involving the team.

THE ASSOCIATED PRESS

Reaction

"This league is far bigger than any one owner, any one coach and any one player."

NBA Commissioner Adam Silver, speaking at a press conference Tuesday in New York City to discuss Los Angeles Clippers owner Donald Sterling.

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A BRAVE NEW EARTH

Why go to Mars? Futurists say the better question is: Why not?

ROBSON FLETCHER
robson.fletcher@metronews.ca

Peering into the coming decades, Glen Hiemstra has little doubt that humans will one day walk on Mars.

"It's a question of inevitability more than a question of feasibility," the Seattle-based author, consultant and founder of Futurist.com told Metro. "We will eventually go there."

While Hiemstra described the goal of the Mars One project to land settlers on the Red Planet in 2025 as "very ambitious," he also believes the timeline isn't all that far off.

"In my opinion, optimistically, it's the 2030s, not the 2020s," he said. "Realistically, it's probably the 2040s, 2050s before we've really assembled everything that we need."

Len Rosen, the Toronto-based author of 21st Century Tech Blog, foresees a similar timeframe for humanity's first footprints on Martian soil.

"The most optimistic people think in the 2030s — somewhere in that decade," said the 65-year-old Rosen. "I'm hoping I'll be alive to see it."

Questions of how aside, both Rosen and Hiemstra had similar answers when asked the bigger question: Why should we go to Mars?

Neither thought it likely that, in the immediate future at least, humans would need another planet to escape some calamity on Earth. Rather, they said, it's more a matter of satisfying our natural desire to explore.

"Curiosity is a huge part of our human nature," Rosen said. "Why do you climb a mountain to the top? You're not doing it because you feel you need to find something at the top of the mountain, other than the satisfaction."

Hiemstra said there is a certain "lifeboat aspect to settling somewhere else," adding that humanity will need another planet at some point in the distant, distant future, but for now that's not the main driver to send people to Mars.

"I think it's really driven more by the exploratory impulse," he said.

That impulse has been behind many past human achievements, Rosen noted.

"What drove us to learn how to build aircraft?" he said. "At the time I don't think anybody thought we needed to do it, but we did it. And now, what would be our world without air transport?"

WELCOME THE RED PL

A human expedition to Mars is proposed within the next 15 years. Over the next three days, Metro will take you on a pre-flight trip to show you how we'll get there, who might be first to go, and what it might be like when they arrive in this new frontier.

Spacecraft propulsion *of the past, present and future ...*

Faster and faster. The roughly seven-month trip to Mars is seen as one of the major challenges in sending people to the Red Planet.

Such a long journey will take a toll on astronauts, both in terms of exposure to high levels of space radiation and the long-term effects of microgravity on the human body. But scientists are researching all sorts of different ways to speed up spacecraft and cut down on the travel time. Here are some of the propulsion methods being considered:

Liquid-fuelled rockets

This is the type of propulsion that has been sending rockets off of the Earth's surface since the 1950s. It remains the most feasible and readily available method of powering spacecraft, although the challenge for interplanetary travel (rather than just putting craft in orbit) is that it requires both fuel and oxygen — and that can become burdensome to carry, as oxygen accounts for most of the mass in typical propellant combinations.

Ion/plasma thrusters

This approach to propulsion uses electric forces to hurl tiny charged particles at high speeds. Many satellites already use this technology to help stabilize their orbits. These thrusters have been eyed for extremely long-distance space travel, as they can provide small but continuous acceleration for months, even years. But a former NASA astronaut is working on a "Variable Specific Impulse Magnetoplasma Rocket" (VASIMR) he believes could one day reach Mars in just 40 days.

Nuclear fission

Splitting atoms to derive energy is an attractive option because a tiny amount of nuclear fuel can deliver an enormous amount of propulsion. The main challenge lies in safely controlling the fission reaction, as you don't want a meltdown in space. Nevertheless, NASA is working on a "Fission Fragment Rocket Engine" that it believes could provide "significant thrust" using "small amounts of readily available, energy dense, long lasting fuel."

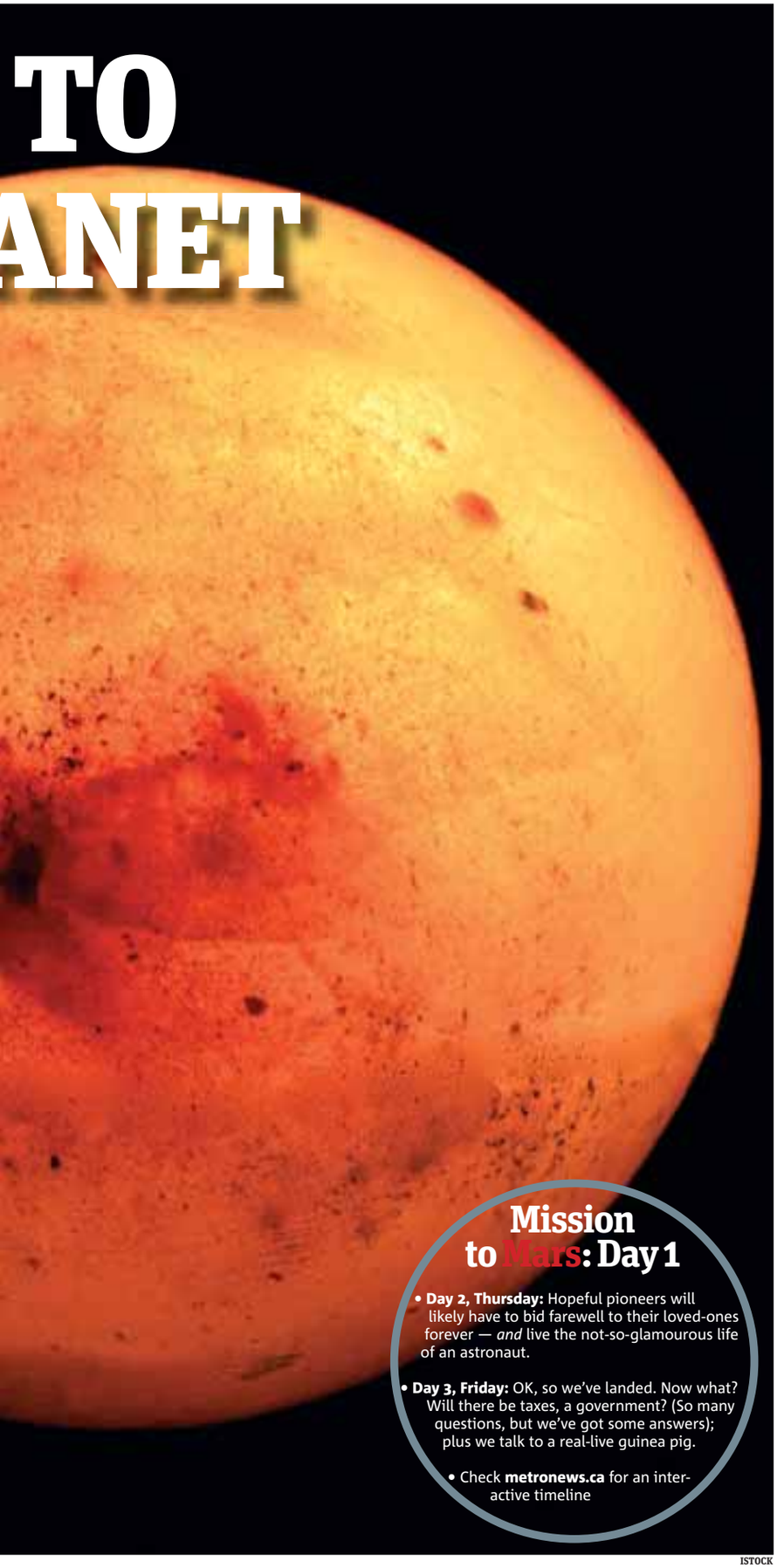
Nuclear fusion

This process involves the smashing of atoms together rather than splitting them apart, but it is similarly attractive because it harnesses massive amounts of energy from small amounts of fuel. A deuterium-tritium fuel pellet the size of a grain of sand could deliver as much propulsion as a gallon of liquid rocket fuel from a "Fusion Drive Rocket" under development by NASA and the University of Washington.

Anti matter engine

Anti matter engines are largely the stuff of science fiction, but the NASA Institute for Advanced Concepts is funding a team of researchers who are looking into the possibility of such technology. The idea is to collide matter with antimatter, resulting in a complete annihilation of mass, all of which is converted to energy. As NASA writes on its website: "While tons of chemical fuel are needed to propel a human mission to Mars, just tens of milligrams of antimatter will do."

TO ANET



Mission to Mars: Day 1

- **Day 2, Thursday:** Hopeful pioneers will likely have to bid farewell to their loved-ones forever — *and* live the not-so-glamourous life of an astronaut.
- **Day 3, Friday:** OK, so we've landed. Now what? Will there be taxes, a government? (So many questions, but we've got some answers); plus we talk to a real-live guinea pig.
- Check **metronews.ca** for an interactive timeline

ISTOCK

Success rate climbing with successive missions

Historically, more missions to Mars have failed than succeeded, but the success rate is climbing as technology improves and new missions build on the lessons of previous ones.

NASA, itself, has seen a string of recent successes, from the Spirit and Opportunity rovers in 2003, to the Mars Reconnaissance Orbiter in 2007, to the famous Curiosity rover that landed in 2012 and has been sending back high-definition imagery ever since.

NASA's next major mission, named InSight, is set to launch in March 2016 with the goal of landing a robotic drill on the Red Planet that will probe five metres into Martian soil.

Working on the robot is Catherine Johnson, a professor of planetary geophysics at the University of British Columbia, who said the tricky task of safely placing a delicate lander on the surface of Mars is becoming easier in one sense, but harder in another.

"One of the things that is becoming more and more challenging — in a good way — is that we have more and more information about the surface of Mars now, at higher and higher resolution," she said.

"So our criteria for what is a safe landing site gets stricter and stricter."

But even with a perfectly calculated trajectory and an ideal location to land, Johnson said there's one curveball Mars can still throw at you — the weather.

"A planet with an atmosphere, even if it's only a thin atmosphere like on Mars, that atmosphere can be quite variable," she said. "You never know exactly what's going to be happening the day you land."

ROBSON FLETCHER/METRO

Success and failures

In a "historical log" of 41 missions (not all of them landing missions) undertaken by various countries since 1960, NASA counts:

- **23** as having failed
- **16** as having succeeded
- **2** as "success/failure" for partially achieving their goals

An artist's conception of the stationary NASA Mars lander known as InSight, set to launch in March 2016 with the goal of drilling into the interior of Mars.

COURTESY NASA/JPL-CALTECH

Journey to Mars

Hundreds of millions of kilometres on a slingshot-trip around the sun

A depiction of how a spacecraft would go from Earth to Mars using a Hohmann transfer orbit.

IMAGE COURTESY GEORGIA TECH SATELLITE COMMUNICATIONS AND NAVIGATION COURSE

The trip to Mars is a long one.

Next to Venus, the Red Planet is the second closest to Earth, but the direct distance from here to there is still measured in the tens of millions — sometimes hundreds of millions — of kilometres.

That's because, as Earth and Mars each make their way around the sun, the distance between the two terrestrial planets varies widely.

At its closest, Mars can be about 55 million kilometres away. At its furthest, it's more than 400 million kilometres away. Earth has the inside track around the sun, orbiting every 365 days, while the Mars year is longer — roughly 687 days.

The difference between their orbital periods means that Earth "laps" Mars about once every 26 months.

These moments present an ideal launch window for spacecraft, although even then the journey is not a direct A-to-B path.

A typical trip to Mars follows what's called a "Hohmann transfer orbit," in which a spacecraft leaves Earth on one side of the sun, slingshots around the sun, and meets up with Mars on the far side of the sun from where it began. The entire journey spans hundreds of millions of kilometres and takes about seven months.

This is the route that Mars One plans to use.

According to its ambitious schedule, the non-profit foundation aims to launch unmanned spacecraft carrying equipment and robots to the Red Planet in 2018, 2020, and 2022, and then send the first crew of human settlers — on a one-way trip — in 2024. ROBSON FLETCHER/METRO

Who on earth would take a one-way trip to Mars? Find out in Day 2 of Mission to Mars

Market Minute

DOLLAR
91.32¢ (+0.62¢)

Natural gas: $4.84 US (+$0.07)
Dow Jones: 16,535.37 (+86.63)

TSX
14,583.11 (+52.20)

OIL
$101.28 US (+$0.44)

GOLD
$1,296.30 US (-$2.70)

Canadian content rules

This porn needs more maple syrup and Mounties, stat!

Three TV channels specializing in pornography have been forced to enhance their Canadian content and closed captioning to meet CRTC guidelines.

A trio of AOV channels and two mainstream, non-pornographic channels are up for licence renewals.

They had been warned by the Canadian Radio-television and Telecommunications Commission that they may have failed to comply with licensing conditions by providing less than 35 per cent Canadian programming. **TORSTAR NEWS SERVICE**

Bitumen

Suncor sets sights on refining Alta. oil in Montreal

A project that would enable Suncor Energy Inc.'s Montreal refinery to process thick, tarry oilsands bitumen from Alberta could get the green light later this year or early in 2015, CEO Steve Williams said Tuesday.

The Montreal coker project is just one way Suncor is looking to cut crude costs at the refinery, which has long relied on pricey overseas imports.

Suncor is not disclosing the estimated pricetag of the coker project, but Williams says it will cost much less to build in Montreal than in Alberta. **THE CANADIAN PRESS**

How often are telecoms giving data to the feds?

Calls for more. Privacy commissioner pushes for specifics on personal info being given to government

Chantal Bernier
THE CANADIAN PRESS

Canada's privacy commissioner says telecom companies are refusing to tell her office how many times they have handed over personal customer information to the federal government without a warrant.

Chantal Bernier, the interim privacy commissioner, said her office has repeatedly asked telecom companies to disclose statistics and the scope of warrantless disclosure of data, to no avail.

Bernier said the companies have only provided her office with aggregate data, which shows how many times the telecom industry as a whole gives the government customer information without a warrant.

Bernier said she would like to see specific statistics published about this information.

"It would give a form of oversight by empowering citizens to see what the scope of the phenomenon is." **THE CANADIAN PRESS**

South of the border

The U.S. Supreme Court seemed wary Tuesday of allowing police unbridled freedom to search cellphones found on people they arrest without first getting a warrant.

- A key question in two cases argued Tuesday is whether Americans' cellphones, with vast quantities of sensitive records, photographs and communications, are a private realm much like their homes.
- The justices suggested they might favour limiting warrantless cellphone searches to looking for evidence of the crime on which an arrest is based. **THE ASSOCIATED PRESS**

Mercedes-Benz recalls more than 284,000 C-Class cars

A Mercedes C-Class C350 sits on display at the New York International Auto Show in April 2011, in New York City. Mercedes-Benz is recalling more than 284,000 C-Class cars in the U.S. and Canada because the rear lights can fail. The recall affects some C300, C350 and C63 AMG cars from the 2008 through 2011 model years. The problem affects nearly 253,000 cars in the U.S. and another 31,000 in Canada. STORY: THE CANADIAN PRESS; PHOTO: RAMIN TALAIE/GETTY IMAGES

Security. TSA's PreCheck takes flight at Air Canada

The U.S. Transportation Security Administration is expanding its PreCheck expedited screening program to passengers on international airlines.

Air Canada on Tuesday became the first international carrier to participate, with TSA officials saying other foreign airlines would soon sign on. **THE ASSOCIATED PRESS**

Report. Rude luxury-shop staff boosts bottom line

If luxury brands want to sell more, they should hire rude sales staff.

That's the finding of a new University of B.C. study that reveals consumers who get the brush-off at high-end retailers are more willing to fork over the big bucks.

THANDI FLETCHER/ METRO IN VANCOUVER

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Saskatchewan Liquor and Gaming Authority - Liquor Permit

ADVERTISING FORM

Under the provisions of The Alcohol and Gaming Regulations Act, 1997 Notice is hereby given that **Saskatoon Coffee Ventrues Inc.** has applied to the Liquor and Gaming Authority for a Permit to sell alcohol in premises known as **Good Earth Coffeehouse** at **105 475 2nd Ave S, Saskatoon, SK** of which the following is a correct legal description: Block / Parcel W Plan No. 101856427 Surface Parcel 153940855 105 475 2nd Ave S, City of Saskatoon, Sk

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to: Saskatchewan Liquor and Gaming Authority Box 5054 Regina Sk S4P 3M3

Pursuant to Section 62 of The Act, the above advertisement shall be published once each week for two successive weeks, in a newspaper published in the municipality in which the proposed outlet is or is to be situated, or if no newspaper is published in the area, then in a newspaper published in Saskatchewan and circulating in the area.

Under the provision of *The Alcohol and Gaming Regulations Act, 1997* Notice is hereby given that 101251907 Saskatchewan Ltd. has applied to the Liquor and Gaming Authority for a Restaurant Permit w/ Lounge Endorsement and Tavern Permit to sell alcohol in premises known as David's Restaurant at 114-294 Venture Crescent, Saskatoon, SK of which the following is a correct legal description:

Lot 2B
Block 100
Plan No. 82S08042
114 Venture Crescent
Saskatoon, SK

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina, SK S4P 3M3

BY GEORGE! AT LAST, A UNION FORGED

JUST SAYIN'

Paul Sullivan
metronews.ca

I'm sure I'm not the only guy who ever wished he could be George Clooney, if only for a day.

A winning combination of intelligence, talent, wit, savoir faire, je ne sais quoi and all those other untranslatable French phrases, George tops it all off with matinee-idol good looks.

Not surprising. He's a matinee idol, duh.

Which is no small distinction. Matinee idols are a dying breed. All the other guys on the cover of GQ look alike and are called Hemsworth. George is the epitome of class at a time when class is 40 per cent off at the outlet mall. Who wouldn't want to be George?

Until now, George was also the world's most eligible bachelor. Apparently — I wouldn't know — that's tough. When the women of the world are throwing themselves at your feet, it can be a challenge, or so I hear. George handled the "too many women problem" by doing his best to date them all. And after a brief matrimonial experiment in the early '90s, he also tried to live with them all, one at a time, for two- to three-year stretches.

A selfless quest, if doomed to failure. There's just not enough George to go around. And, truth be told, at 53, he's not getting any younger. You could see it in Gravity. Sandra Bullock was the undisputed star and George was relegated to supporting role status as the kindly sidekick, sort of Buzz Lightyear with crinkles. Not wrinkles. George will never have wrinkles.

The signs are clear. The man who bet Michelle Pfeiffer $100,000 that he'd never get married again is ready to settle down. All those cocktail waitresses, supermodels and female wrestlers were OK when he was dating the entire female gender, but now he has to pick one.

And so he's focused that formidable charm on the world's smartest and most beautiful woman, who, in case you're wondering, is 36-year-old Amal Alamuddin. It's hard to believe she is just one woman. She tops the list of the 21 Hottest Barristers in London, was educated at Oxford, specializes in international law, speaks three languages, advises the Secretary General of the UN on human rights in Syria, represented ex-Ukrainian Prime Minister Yulia Tymoshenko and helped Wikileaks founder Julian Assange resist extradition to Sweden.

I imagine it's hard to pull the wool over Ms. Alamuddin's eyes, but when the wolf mounting the charm offensive is George Clooney, what can you do? You sigh, succumb, and go to meet mom. Who, by the way, approves of this prodigious combination of beauty and brains.

Of course, this is real life, not Hollywood. The union of the world's most eligible bachelor and the paragon of global jurisprudence does not, at first blush, look like a recipe for Happily Ever After. Amal better hope George's attempt to mate, er, date the planet is over, and George better hope he doesn't end up before a world tribunal on matrimonial war crimes. Still, today, it's all about congratulations and the triumph of class over crass.

ZOOM

Science experimantis

Newcastle University scientists research vision by outfitting a praying mantis with 3D glasses.
MIKE URWIN/NEWCASTLE UNIVERSITY

Q&A

"It's a test for their eyesight"

VIVEK NITYANANDA
Research associate at Newcastle University's Institute of Neuroscience

A praying mantis has been outfitted with the world's smallest pair of 3D glasses as part of an experiment to understand the insect's vision. Scientists from Newcastle University used beeswax to affix the five-millimetre-wide shades on the bug's head.

Here's what researcher Vivek Nityanada had to say about the experiment:

What inspired you to put 3D glasses on a bug?
We wanted to find out how three-dimensional vision has evolved. Like humans, praying mantises have 3D vision, or stereopsis. They are the only insects with such sight.

How did your mantis take to its new eyewear?
It tried to take them off at first, but eventually got pretty comfortable with them and went about its usual mantis business.

Do the glasses work?
So far, our results have been mixed. It's promising but we haven't nailed it down yet.

Maybe the insect will prefer the glasses, as a super-enhancement to its vision. (Laughs) It doesn't really change its eyesight for the better; we're just fooling it into misjudging depth. But the glasses do make them seem more sophisticated, and they definitely look weirder than they already are.

METRO

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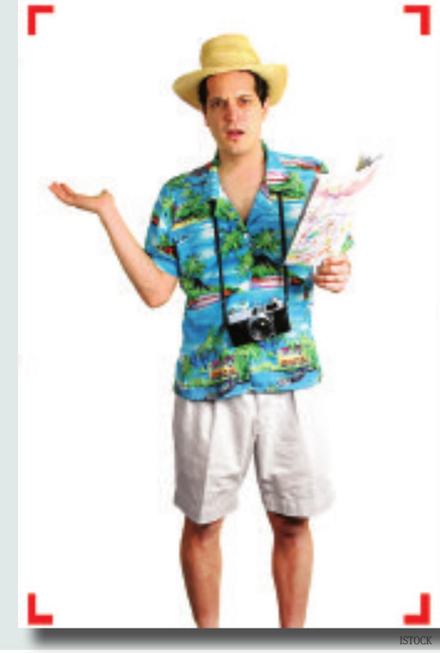
Your money belt can't save you now

ANDREW FIFIELD
metronews.ca

Anybody who has travelled abroad has likely been warned about the skilled pickpockets who are hoping to ply your wares in the world's larger tourist havens.

But as this security footage shot in Thailand shows, keeping your belongings safe is more than just a matter of having your cash strapped to your belly and your belongings always in sight. Because a highly co-ordinated phalanx of thieves, complete with distraction games and carefully constructed props, makes for a formidable enemy.



ISTOCK

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See that symbol? It means you can scan the photo below with your Metro News app. Andrew Garfield talks about becoming Peter Parker

Stone shines in every role

From The Help to Spider-Man. Whether the role demands Lucille-Ball-style screwball comedy, fiery rage and indignation or sizzling chemistry, Emma thrives

IN FOCUS
Richard Crouse
scene@metronews.ca

The Spider-Man movies don't skimp on the stuff that puts the "super" into superhero movies. There's web-slinging shenanigans and wild bad guys galore, but The Amazing Spider-Man 2 director Marc Webb calls the relationship between Spidey and girlfriend Gwen Stacy, "the engine of the movie."

The chemistry the real-life couple brings to the screen is undeniable, but it almost didn't get a chance to blossom. Before Stone landed the role of the brainiac love interest, Mia Wasikowska, Imogen Poots, Emma Roberts and even Lindsay Lohan were considered.

Stone won some of the best reviews of her career playing Gwen in The Amazing Spider-Man — Peter Travers said she, "just jumps to life on screen" — in a role that gave her the biggest hit of her career to date.

Smaller roles in Superbad and Zombieland hinted at her ability to be funny and hold the screen, but in 2010's Easy A she turned a corner into full-on Lucille Ball mode, mixing pratfalls with wit while pulling faces and cracking jokes. Smart and funny, she's the film's centrepiece.

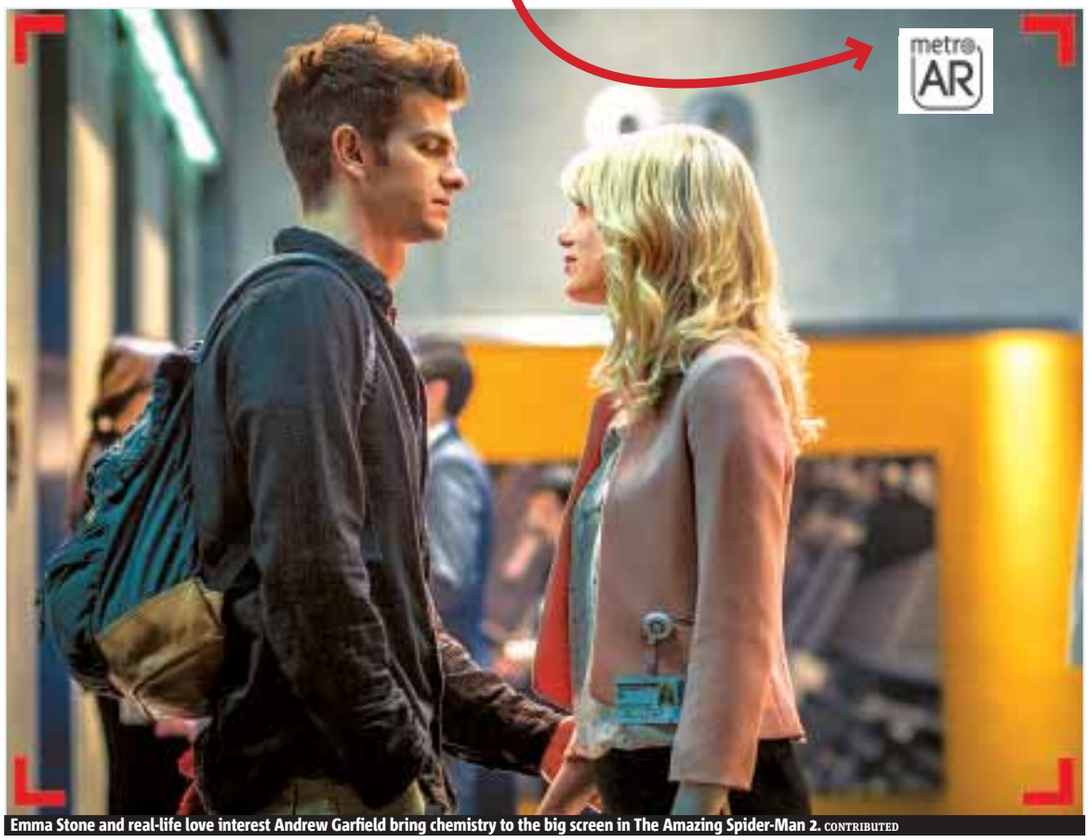
The movie begins with the voice over, "The rumours of my promiscuity have been greatly exaggerated." It's the voice of Olive (Stone), a clean-cut high school senior who tells a little white lie about losing her virginity. As soon as the gossip mill gets a hold of the info, however, her life takes a parallel course to the heroine of the book she is studying in English class — The Scarlet Letter.

Stone is laugh-out-loud funny in Easy A, but her breakout film was a serious drama.

In The Help, she plays Jackson, Miss. native "Skeeter" Phelan who comes home from four years at school to discover the woman who raised her, a maid named Constantine (Cicely Tyson), is no longer employed by her family. Her mother says she quit, but Skeeter has doubts. With the help of a courageous group of housekeepers she tells the real story of the life of the maids, writing a book called The Help.

The Flick Filosopher called her performance, "on fire with indignation and rage," and she moved from The Help to a variety of roles, including playing a femme fatale in Gangster Squad opposite Ryan Gosling and Josh Brolin, and lending her trademark raspy voice to cave girl Eep in the animated hit The Croods.

The 25-year-old actress is living her childhood dream of being an actress but says if performing hadn't worked out, she would have been a journalist, "because (investigating people's lives is) pretty much what an actor does. And imagine getting to interview people like me," she laughs. ''It can't get much better than that."



Emma Stone and real-life love interest Andrew Garfield bring chemistry to the big screen in The Amazing Spider-Man 2. CONTRIBUTED

Web slinger

Spider-Man powers get real

Patrick Priebe is the new Spider-Man ... in terms of gadgetry, at least. The German lab technician has created a working web shooter, which fires pellets and a harpoon-tipped, retractable fishing line instead of a liquid web. Far from requiring any actual superpowers, the web-slinging contraption is a battery-run coil gun that is powered through electromagnetism. Metro nets the every-day tech guru — behind the website laser-gadgets.com — for a chat about all things superhero.

The real Spider-Man catches bad guys, so do you use the web shooter to clean the streets of pests?
(Laughs) The only thing that you'll be grappling with is an apple.

Could you switch on the TV with the pellets or fishing line?
That actually might work. You could also grapple magnetic objects with the fishing line. The only problem is that they might shatter on impact.

No beer cans, then. Do you try out any kick-ass movie-style stunts?
I do a lot of sports like hockey, which is dangerous in its own way. But those stunts are way too extreme for me.

The Batman vs. Superman movie is out in the near future. Who's going to win?
Batman is too grumpy; Superman is the best of all heroes; he would kick everyone's ass. He has X-ray vision.

Patrick Priebe has invented a working web shooter, which fires pellets and a harpoon-tipped, retractable fishing line. CONTRIBUTED

Can you create the Superman-style laser eyes?
I have made laser eyewear. It's like Cyclops from X-Men, and works pretty well. It's very dangerous. That's why I don't show people how to do it on my website.

Any danger of your gadgets causing actual harm?
Well, the web shooter emits 350 volts and can shock you to death!

EDWARD THOMPSON/METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Craig Ferguson

Ferguson gives up late-night spot

In the latest of a series of late-night comedy shake-ups, Craig Ferguson, host of CBS' The Late Late Show since 2005, has announced that he is leaving the show.

This is the most recent domino to fall in the late-night line-up. David Letterman announced his retirement from Ferguson's lead-in, The Late Show, earlier in April. CBS quickly named Stephen Colbert of The Colbert Report as his successor.

The Word

V. STIVIANO/INSTAGRAM

Donald Sterling's girlfriend, V. Stiviano, reads Metro?

THE WORD
Dorothy Robinson
scene@metronews.ca

After the audio tapes of Clippers' owner Donald Sterling spewing racial slurs hit, his alleged girlfriend and leaker of those tapes, V. Stiviano, made her Instagram account public for the world to see. And if you haven't looked at it, you should. It is truly weird and obnoxious — she overuses hashtags more than a 13-year-old girl.

After some sleuthing, we stumbled upon this shot of her reading a Metro with the caption, "I'm searching for love in the classified section!"

We at Metro want you to know we don't support people like Donald Sterling advertising in our classified section. She must have found him some other way. Maybe racistsugardaddyforme.com?

Kanye West and Kim Kardashian ALL PHOTOS GETTY IMAGES

Kim and Kanye lockdown their love this week

It is being reported that Kim Kardashian and Kanye West will be wed in a very small, private ceremony with a justice of the peace in Los Angeles this week.

Yes, yes, yes — the lavish Parisian celebration is still taking place, but before that occurs, their lawyers are recommending they be hitched in a civil ceremony to avoid going through an international bureaucratic nightmare. After they say "I do" in court, they will then fly to Paris to plan their wedding.

Get your suits and dresses dry cleaned now — it's reported they will be married on May 24.

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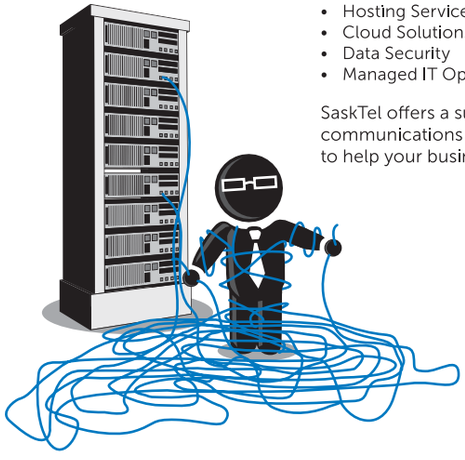

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LIFE 3

See that symbol? It means you can scan the photo below with your Metro News app for more images from North Carolina's Outer Banks

Outer Banks offers different strokes for different folks

More than just a golf destination.
Once you've tired of swinging the sticks, there's still plenty more to take in on a trip to North Carolina's rugged coastline

BRIAN KENDALL
canadiangolftraveller.com

Nags Head Golf Links is cruelly exposed to the turbulent waters of the Atlantic and offers a challenging 18-hole game. ALL PHOTOS: CONTRIBUTED/PLAYOBXGOLF.COM

Even for golfers determined to spend every possible moment swinging the sticks, the Outer Banks of North Carolina offer other attractions too essential to ignore.

Foremost among them is the Wright Brothers National Memorial, set on the now hallowed ground near the beach town of Kitty Hawk where Wilbur and Orville Wright launched the first powered air flight in 1903.

A stone pillar marks the precise spot of that epochal liftoff, and the site's prize attraction is a full-scale replica of the Wright Flyer, their first primitive aircraft.

The Wright brothers are credited with making famous this sun-drenched 320-kilometre long chain of barrier islands, just off the coast of North Carolina and a small stretch of Virginia.

Today, the coastline's white sand beaches, lighthouses, oyster houses, quaint shingle-sided inns and outstanding golf courses are year-round attractions — although peak season runs from May through September.

Capricious winds off the turbulent waters offshore, known as the Graveyard of the Atlantic, frequently bedevil golfers at the popular oceanfront courses of OBX, as tourism marketers have branded the Outer Banks.

Most cruelly exposed to the elements is Nags Head Golf Links, a Scottish-style design where several holes play alongside Roanoke Sound. Golf Digest called architect Bob Moore's layout "the longest 6,126 yards you'll ever play."

Another seaside beauty is Currituck Club, a dramatic Rees Jones design that sweeps across 600 acres of dunes, wetlands, maritime forests and sound seascapes.

A stroll through beauty like this will make you forget the frustration of golf.

High seas swept ashore another of the coast's unique attractions. Wild horses, descendants of Spanish mustangs that survived 16th-century shipwrecks, freely roam the dunes of Swan Beach, North Swan Beach and Carova Beach. Jeep tours offered from the nearby town of Corolla provide a close-up look at the tenacious survivors of a herd that once ranged throughout the barrier islands.

Where to stay

Many visitors rent beach houses through local agents. Popular inns include Nags Head Inn and Hilton Garden Inn in Kitty Hawk. But gorgeously remodelled Sanderling Resort, a beachhouse-style property just outside the town of Duck, is especially memorable. Three pools and a wraparound deck overlook an uninterrupted strand of prime Atlantic beachfront.

Nags Head, Kill Devil Hills, Waves, Duck and other quaintly named and picturesque beachfront towns dot a still largely unpretentious and laid-back strand where many houses are built on stilts for protection against the surging tides that accompany the autumn hurricanes.

Visitors will need a car to travel between golf courses and see the sights. It's a long trek to the Outer Banks from even the closest major airports: Norfolk International Airport is about 145 kilometres from centrally located Nags Head; and Raleigh Durham International Airport about 338 kilometres.

Another must-play course is Kilmarlic Golf Club, a Tom Steele mainland design carved through 600 acres of maritime forest and wetlands. Kilmarlic hosted the North Carolina Open in 2004 and 2009.

A more player-friendly option is The Pointe Golf Club, a traditional Russell Breeden-designed layout in rural countryside on the mainland.

Far more demanding is The Pointe's sister course — the Carolina Club, a brawny 7,000-yard brute where the shifting ocean breezes present a constant challenge. The signature hole here is a 166-yard par three with a TPC Sawgrass-inspired island green.

Bucket List

Camping in Iceland

You may not believe the deals you can get these days with Icelandic Air, which is on a continuous mission to boost tourism on the tiny island. The weather is best in June. Tours within the interior are very organized and not as busy as you would expect — even your mother might like this. Tours within the interior are very organized and not as busy as you would expect, i.e. even your mo ther might like this. Overnight camping trips see you kitted out in everything you need, spending the night on the open lava fields. Check out VisitIceland.com.

DOUG WALLACE/METRO

Strike out on a springtime trip to Boston

From Fenway to Fort Point. There's plenty to see and do in one of the most historic cities in the United States

ON THE MOVE
Loren Christie
life@metronews.ca

In the late '90s, I spent three summers in and out of Boston working as a tour guide. This past weekend, I went back to see what's changed in one of America's most historic cities.

After almost 20 years, the Big Dig is over and the snarling traffic is gone. This massive construction project of underground roadways beneath the city included the dismantling of an elevated highway that cut through the downtown. In its place urban parks have sprung up as part of the extensive Rose Kennedy Greenway, which has blazed a two-kilometre swath of green through the city core.

Iconic Fenway Park. ISTOCK

The project has united pedestrians and drawn them to the newly developed waterfront area with food trucks, a carousel and more attractions.

Iconic Fenway Park, home to the city's beloved Red Sox baseball team, used to be on the edge of the tourist trail. The charming Commonwealth Hotel changed that by coming into the area 10 years ago and attracting tourists into neighbouring Kenmore Square. The revitalization of the square with hip restaurants and bars like Eastern Standard have made a pre- or post–game meal an experience, and according to my taxi driver Paul, "turned Kenmore into a paah-ty place."

Fort Point is an historic warehouse district that has been transformed into a collection of artists' workshops, businesses and restaurants. My former employer's headquarters on Congress Street, in the heart of the Fort Point area, is still there. However, instead of a lonely Dunkin' Donuts as the only potential lunch spot, today's Congress Street includes a two-block stretch of modern restaurants that were hopping when I strolled by. My meal of white sausage with hazelnut pesto and sorrels, a perfectly seasoned flank steak with chimichurri sauce and a side of golden beets and cauliflower at buzzy Tavern Road was perfect.

Bostonians have always burst with civic pride, but following last year's Boston Marathon bombings, you get the feeling that it goes beyond the love of hometown sports teams and historic buildings. It seems that every citizen has your back and each other's. After brunch at Towne Stove & Spirits on Boylston Street, blocks from the marathon finish line, I wandered up to Engine 33/Ladder 15 fire hall, which has been in operation since 1888. Taking a suggestion from a local we met the day before, I bought a Boston Fire Department T-shirt as a souvenir. The $20 cost goes to a fund to support the families of two firefighters who recently died in the line of duty.

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Cherished Memories Funeral Services & Crematory is in its ninth year of providing quality cremation and funeral services without the high cost that is normally associated with most funeral providers. Its prices are historically 15 to 65 per cent lower than other funeral services in the area.

Cherished Memories is locally owned and operated by Kevin and Charmaine Martens with transparent pricing, and one of very few that list costs on their website. They are able keep the high cost of services down by operating a modest, but tasteful facility and by also owning their own crematorium.

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What green can mean to your team

Plant some productivity. Stopping to smell the flowers may be as important to an office worker as it is to an outdoor wanderer

SIDNEYEVE MATRIX
TalentEgg.ca

It's been a long Canadian winter, but signs of spring are everywhere — with national mood-lifting effects.

To amplify the productivity boost that comes from the seasonal change, put some flowers on your desk.

A recent study from Texas A&M University found that having flowers and greenery around positively affected employees' ability to generate ideas and problem-solve at work.

Head researcher Roger Ulrich and his team found that employees were able to generate 15 per cent more ideas and come up with a greater supply of flexible solutions to problems when they shared their workspace with flowers.

Feel-better flowers

Beyond ideation, flowers at work have a significant and positive effect on your health and well-being, say researchers.

Having fresh blooms on your desk can lower your anxiety, combat depression, reduce negative thinking, and may even have a positive impact on memory. Some studies show that surrounding yourself with indoor plants can help reduce fatigue, coughs, sore throats and other cold-related illnesses by up to 30 per cent — which translates into increased productivity, fewer sick days, and cost savings for employers.

Scientists at the University of Exeter studying the links between flowers and creativity found that adding office plants to workspaces resulted in a 47 per cent boost to staff well-being and a 45 per cent increase in their ability to be creative.

Virtual nature

Breaking up your workday for a walk outside delivers an amazing mood uplift and psychological refresh.

Whether you are working from home, occupy a corner office or spend your days in a cubicle, research shows a connection between office plants and creative thinking. ISTOCK

Likewise, studies show that exposure to simulated nature scenes can also have a positive impact on your productivity and mood. Slate has reported psychological research by Deltcho Valtchanov in which he placed participants in a virtual reality space filled with simulated trees, flowers, plants, grass and they experienced higher levels of happiness, friendliness, affection, and playfulness.

If that convinces you to swap your desktop wallpaper for images of flowers and leaves, head over to Nature Wallpaper for some stunning free downloads optimized for mobile, desktop screens, or social profiles.

Digital flora

For your digital downtime while commuting to the office, a few apps will get you in a flowery mood.

To separate daisies from daffodils and roses from rhododendrons, the FlowerPedia app has over 2,800 photos of flowers and regional information about local blooms, plus wallpapers, and the ability to share photos with friends.

To help design your home garden, the Landscaper's Companion app differentiates 26,000 shrubs, annuals, perennials and plants.

To brighten someone's day, the 1-800-Flowers app or The Mobile Florist by FTD will help you say it with flowers.

For the perfect virtual bouquet try the highly rated Flower Garden app by Snappy Touch, to plant, tend, snip, and send digital blooms to family and friends.

Blossoming at work

Gadgets aside, science provides proof of the restorative potential of nature and the mood boost that comes from a "living" work environment.

Dialling up the leafy factor of your workspace and increasing the green time in your workday is not only good for your mental health, but also contributes to more focused work performance and increased job satisfaction.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES. THIS ARTICLE IS EXCERPTED FROM SIDNEYEVE MATRIX'S PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.

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Earthy and buttery flavours mingle

Porcini-Dusted Fish with Brown Butter Sauce. Use dry mushrooms to create a unique taste

DINNER EXPRESS
Emily Richards
food@metronews.ca

Dried mushrooms offer up a delicious woodsy flavour to fish and the brown butter sauce makes the experience over the top in taste. You will find dried mushrooms in the produce section of the grocery store for this Porcini-Dusted Fish with Brown Butter Sauce recipe.

These fillets are a generous 6 oz (175 g) portions, a bit larger than the 5 oz (150 g) portions sold in stores. Buying larger fillets and cutting them at home gives you that advantage to enjoy a little more fish. Or you can also serve up six 4 oz (125 g) portions with this same recipe.

FLASH FOOD
From your fridge to your table in 30 minutes or less

Ingredients

Fish
- 1 pkg (14 g) dried wild mushrooms
- 1 tbsp (15 ml) finely chopped fresh coriander
- 1 1/2 lbs (750 g) fresh fish such as pickerel, cod or trout
- 1/2 tsp (2 ml) kosher salt
- 3 tbsp (45 ml) butter

Spinach Skillet Side
- 1 tbsp (15 ml) canola oil
- 2 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 1 bag (8 oz/227 g) baby spinach leaves
- 1/2 tsp (2 ml) hot pepper sauce (optional)

Fish

1. In clean coffee grinder, grind dried mushrooms to a fine powder. Place in small bowl and add coriander; set aside.

2. Using sharp knife, cut fish into 4 equal portions if fillets are large. Coat each piece with mushroom mixture and place in baking dish. (Make-ahead: Cover and refrigerate for up to 4 hours).

3. Sprinkle fish with salt. In a large nonstick skillet, melt 2 tbsp (25 ml) of the butter over medium-high heat until just starting to brown. Add fish, skin side down, if any and cook for 3 minutes. Transfer to parchment paper lined baking sheet and roast in 425 F (220 C) oven for about 10 minutes or until fish is opaque and flakes easily when tested.

Spinach Skillet Side

A gingery garlic zing matches nicely with spinach to serve up as a side dish for many meals. The added kick of hot pepper sauce adds an almost mellow balance to the dish.

For an added kick, add more hot pepper sauce before serving this side dish.

This recipe serves four. EMILY RICHARDS

To make ahead: Cook up the spinach and then let it cool and refrigerate for up to 1 day. Simply warm it up in a skillet or microwave the next day.

1. In a large non-stick skillet, heat the canola oil over medium heat and cook garlic and ginger, stirring for about 2 minutes or until softened.

2. Add the baby spinach and hot pepper sauce and cook, stirring for about 5 minutes or until spinach is wilted.

Fresh approach to baked haddock

If you're contemplating a fresh approach to breaded and baked haddock, turn to the mandoline to render a potato fit for pairing with the fish.

In any other form, potatoes would be too robust for a delicate baked fish. But shaved paper thin, then wrapped around the fish, the potato slices become a deliciously crisp edible wrapper.

Just one caution — there is a reason mandolines come with a hand guard for holding the vegetables while slicing. They are extremely sharp and it's easy to cut yourself.

This recipe makes four servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients
- 1 tbsp canola or vegetable oil
- 2 medium Yukon gold potatoes
- 1 tbsp Dijon mustard
- 1 tbsp mayonnaise
- Salt and ground black pepper
- Dried thyme
- 1 1/4 lbs haddock fiddets (about 2 large fillets)

1. Heat oven to 400 F. Add oil to large cast-iron skillet, then place skillet in oven to heat.

2. Meanwhile, use mandoline fitted with the thinnest slicing blade to slice the potatoes into very thin rounds. The potato rounds should be as close to paper thin as possible. Set aside.

3. In a small bowl mix mustard and mayonnaise. Set aside.

4. Remove skillet from oven and carefully cover bottom of it with single layer of potato slices, overlapping edges slightly. Season the potatoes with a bit of salt, pepper and thyme.

5. Use paper towels to pat dry the haddock fillets, then brush the mustard-mayo mixture over both sides of the fish. Place the haddock over the potatoes in the skillet, then arrange a second layer of potato slices over the fish, covering it entirely. Season the potatoes with salt, pepper and thyme, then mist them with cooking spray.

6. Return the skillet to the oven and bake for 14 minutes. Increase the oven to broil and cook for another 2 to 3 minutes, or until the potatoes are nicely browned. Divide the haddock into 4 pieces, being careful to leave the potatoes in place as you serve the fish.

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CAMP CENTRED ON CHRISTIAN VALUES

MAKE NEW FRIENDS AT BLACKSTRAP YOUTH CAMP

After a long school year, the summer should be a time for kids to get away from the busy life we lead today. At the Blackstrap Youth Camp, kids get to do that, while making new friends and developing an appreciation for nature and the environment.

"The camp is centred on Christian values and beliefs, and we incorporate those into our many recreational and spiritual activities," says Fabian Dale, the camp director.

The facilities at Blackstrap include a gymnasium, indoor swimming pool, recreational hall for arts and crafts, and a chapel.

Some of the general activities include camping, swimming, arts and crafts, archery, canoeing, hiking, bible study, a mud pit, campfires, and activities in the gymnasium.

Throughout the week, campers will also have the opportunity to choose which activities they enjoy the most and spend time advancing their skills and interests in those specific areas.

Through these activities, kids will also develop their team-building skills and grow as individuals, "so they can be more comfortable with their peers and the people around them," Dale says.

There are many activities that include the participation of all the campers, as well as kids of similar age working together in smaller groups.

Some exciting highlights of the week include spending a night camping out, a themed dance on Thursday night, and a trip to Blackstrap Provincial Park beach on Friday.

Campers are divided into 10 dorms based on age and gender. Parents can request to have their child placed with their friends and/or family members.

CONTRIBUTED

The camps are meant for kids 11 to 14 and each camp runs for six days, beginning on a Sunday and ending on a Friday. The camps begin July 6 and run until Aug. 8.

The cost of the camp is $220 per session and there is financial assistance available to low-income families.

Transportation to and from the camp must be arranged by parents.

Registration forms for Blackstrap will be available through the Greater Saskatoon Catholic Schools, Catholic parishes in Saskatoon, and on Blackstrap's website, blackstrapyouthcamp.org.

Educational, Entertaining and Spiritually Meaningful

BLACKSTRAP YOUTH CAMP

Week-long camps offered for 5 different weeks throughout the month of July and first week in August.

Campers take part in a variety of indoor and outdoor activities intended to provide youth with an opportunity for growth in faith and fellowship with other young people.

The camp gives youth ages 8 to 14 and opportunity to experience nature firsthand in activities that include canoeing, hiking, tenting, and campfire songs. Campers ages 8 to 14 have the opportunity for camping out on the shore of Blackstrap Lake. Blackstrap Youth Camp also has the facilities to provide campers with opportunities for indoor swimming, games and activities in an indoor gym, crafts, music, as well as opportunities for praise and worship in the camp chapel.

BEGINS ON SUNDAY JULY 6!

TIME FOR GROWING • YOUTH CAMP
BLACK STRAP

Further information can be found on our website:
www.Campblackstrap.wix.com/blackstrap-camp

START THIS SUMMER ON THE RIGHT NOTE

SHUTTERSTOCK

The Saskatoon Academy of Music will be the place to be this summer for young, budding musicians. The school is holding weeklong camps that will include instruction, group activities, solo work and plain old fun and games.

Each workshop is $150 and three workshops will be offered — piano and violin, musical theatre, and rock band camps. There will be multiple sessions for each camp.

The first two camps are meant for kids ages six to 12, while the rock band camp is for children ages six to 18.

Workshops run Monday to Friday and culminate in a recital for parents on Friday afternoon.

"They start the pieces from scratch on Monday," says Cassandra Stinn, the academy's program director. "By Friday, they're ready to perform and put on a show."

Stinn says camp participants form strong friendships and many have formed musical partnerships with other camp participants that continued once the camp ended.

It is recommended that students should have at least six months of instruction under their belt.

Detailed information about the camps will be available in mid-May at saskatoonacademyofmusic.com. Registration will be open until the end of June. For more information, email the academy at inquiries@saskatoonacademyofmusic.com.

FASCINATING FOCUS ON AGRICULTURE

AND FOOD SECURITY AT 4-H SUMMER CAMP

CONTRIBUTED

A lot of attention is paid to the food we eat today and from where it originates. To help kids better understand this, 4-H Saskatchewan and Agriculture in the Classroom are offering a fascinating camp focusing on agriculture and food security.

From the origins of many food and household products, to ways to make food more accessible around the world, campers will explore and discuss many important topics.

Now in its second year, the feedback from last year's camp was very positive.

"The participants had a blast. The camp is interactive, hands-on and really fun," says Cera Youngson, 4-H Saskatchewan's marketing and communications co-ordinator.

Some of last year's activities included tending the Saskatoon Food Bank's Garden Patch and visiting the farmers' market with the task of preparing a healthy meal for just $6. Others included facility tours, guest speakers, games and team challenges.

Two camps are being offered. The first is a day camp for ages eight to 12, which runs from July 7-11. The second is an overnight camp for ages 13 to 15, running from July 14-18.

For more information, or to register, visit 4-h.sk.ca or call 306-933-7727.

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Bite into Summer

Junior Day Camp:
July 7-11, 2014
8:30 am—4:30 pm daily
Ages: 8 to 12
Cost: $220 (includes GST)
Location: Saskatoon

Intermediate Camp:
July 14-18, 2014
Overnight Camp
Ages: 13 to 15
Cost: $300 (includes GST)
Location: Saskatoon

Our five-day camp program is back for a second year to offer youth **hands-on activities**, **tours, guest speakers, games** and more!

We will *Bite into Summer* to explore **agriculture** and **food security** in an interactive setting all while **making friends and having fun**!

Spots are still available!

For more information or to register call 306-933-7727 or visit www.4-H.sk.ca

4-H Saskatchewan · Agriculture in the Classroom

Plenty of backup in this 'street fight'

NBA playoffs. Inside and out, fans are helping fuel Raptors in first-round bout with Brooklyn

In the moments before the Toronto Raptors took the court for Game 4 in Brooklyn, they huddled in the locker-room and watched footage of their fans gathered back home in Maple Leaf Square.

The Raptors went on to win Game 4 and even up the series and say they've drawn inspiration from the swell of support they're receiving in their home city.

"I told the team, the fans are doing their part, we've got to do our part as a team, as a group of guys to lead the fight on the court, because the fans are behind us 100 per cent and they're loud and they're very proud. And they should be," Raptors coach Dwane Casey said.

The Raptors expect a repeat of Sunday, when a capacity crowd of 2,500 red-clad fans jammed Maple Leaf Square to watch the game on the giant screen outside the Air Canada Centre. Thousands more packed the roads leading up to the ACC in a raucous outdoor celebration.

"Oh man, it's unbelievable, our fan base," Raptors point guard Kyle Lowry said. "It makes you want to just be a part of it. Things that we're doing right now and the way the fan base is going out there, we want to go out there and play hard and give them a reason to keep coming back and packing Maple Leaf Square and packing the ACC."

It's been a fierce fight on the court.

Fans have come out in droves and braved cold and wet weather at Maple Leaf Square outside the Air Canada Centre to watch the Raptors' first-round playoff series against the Brooklyn Nets. CARLOS OSORIO/TORSTAR NEWS SERVICE

Mutual admiration

"We need our fans, we love our fans.... We can't wait to see (Wednesday) night, the vibe and the energy we're going to get."

Raptors point guard Kyle Lowry

Casey said he expects both teams to come out swinging in Game 5 on Wednesday.

"It's not going to be all smiles and bubble gum and fruitcakes ... it's going to be a street fight," Casey said. "That's the way we've got to come out, with that mentality."

THE CANADIAN PRESS

Raptors to address Sterling situation

The Toronto Raptors say they'll make a gesture of support for the Los Angeles Clippers on Wednesday night over the Donald Sterling controversy.

- "We're united.... You've got to respect that," said Raptors all-star DeMar DeRozan. "That's the great thing about us. Society is not in that place anymore. You see guys from all different cultures, all different parts of the country, different parts of the world all coming together as one. Comments like that are uncalled for."

Donald Sterling

Playoff boycott was on the table for players

NBA players strongly considered boycotting playoff games if commissioner Adam Silver hadn't ruled harshly against Los Angeles Clippers owner Donald Sterling.

Players' union vice-president Roger Mason Jr. says he spoke to representatives from every playoff team about the possibility of boycotting games in solidarity against any ruling that didn't include a mandate for Sterling to sell the Clippers.

The Clippers hosted the Golden State Warriors Tuesday night.

Mason says the players are very happy with Silver's decision to ban Sterling for life while urging the NBA's board of governors to compel Sterling to sell the Clippers.

THE ASSOCIATED PRESS

NBA commissioner Adam Silver
GETTY IMAGES

Mike likes

"I applaud NBA commissioner Adam Silver's swift and decisive response today. He sent a powerful message that there can be zero tolerance for racism and hatred in the NBA."

NBA legend and Charlotte Bobcats owner Michael Jordan

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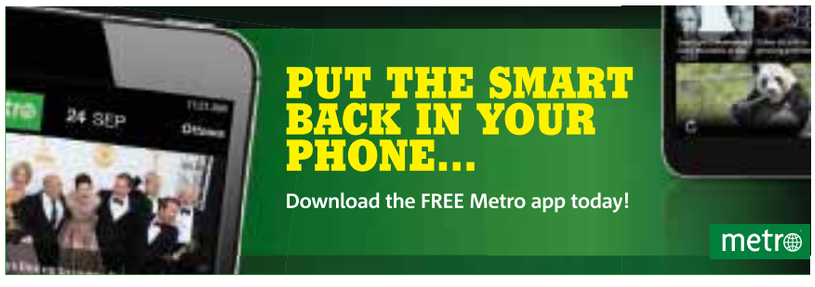

Flyers forward Wayne Simmonds takes a shot on Rangers goalie Henrik Lundqvist during Game 6 of their first-round playoff series in Philadelphia on Tuesday. BRUCE BENNETT/GETTY IMAGES

Simmonds' three goals rock Rangers

Party on, Wayne.
Philly forces Game 7 Wednesday night back at MSG in New York

Game 6

Flyers	Rangers
5	2

Wayne Simmonds scored three goals and Steve Mason stopped 34 shots to lead the Philadelphia Flyers to a 5-2 win over the New York Rangers on Tuesday night, forcing a decisive Game 7 in their Eastern Conference playoff series.

There's little time for rest, too. The Flyers and Rangers play again Wednesday night at Madison Square Garden.

Simmonds scored in the first period and twice more in the second for his first career post-season hat trick. Mason survived a busy first period and stopped 31 straight shots until Carl Hagelin scored late in the third. Mats Zuccarello also scored for New York in the final minute.

By the third, Simmonds had already helped stake the Flyers to a 4-0 lead and the outcome was a mere formality.

Erik Gustafsson also scored and Claude Giroux had an empty-netter for the Flyers, who will try for a second win in New York this series.

Simmonds, a 28-goal scorer who had one in the first five games, completed the hat trick with 4:41 left in the second. With a short turnaround, Rangers goaltender Henrik Lundqvist was yanked for Cam Talbot to open the third period.

Lundqvist stopped 19 of 23 shots. He couldn't stop Simmonds.

THE ASSOCIATED PRESS

NHL awards. Brown, Getzlaf, Toews finalists for Messier leadership honour

Dustin Brown of the Los Angeles Kings, Ryan Getzlaf of the Anaheim Ducks and Jonathan Toews of the Chicago Blackhawks are the three finalists for the Mark Messier NHL Leadership Award.

The award is given annually "to the player who exemplifies great leadership qualities to his team, on and off the ice, during the regular season."

Brown has spent his entire 10-year NHL career with the Kings, serving as their captain for the past six seasons. Known for his physical style of play, he donates $50 US per hit to a different charity each season among other charitable initiatives.

Regina's Getzlaf scored a career-high 31 goals and ranked second in the NHL with 87 points to lead the Ducks to their best season in franchise history.

Anaheim's captain since 2010-11, the 28-year-old Getzlaf has also been active in charity work off the ice.

Toews has served as the captain of the Blackhawks since 2008-09, when he was just 20 years old. He has already led Chicago to two Stanley Cup titles, and off the ice works with various children's charitable causes.

THE CANADIAN PRESS

Ryan Getzlaf GETTY IMAGES

Wicked Strong boasts Beantown backbone

Exercise rider Kelvin Pahal takes Kentucky Derby hopeful Wicked Strong for a morning workout at Churchill Downs Tuesday in Louisville, Ky. Wicked Strong has a built-in fan base for the Kentucky Derby — the entire city of Boston. The colt named in honour of the victims of last year's Boston Marathon bombings figures to be among the favourites for Saturday's race. He's got the credentials, having impressively won the Wood Memorial at 9-1 odds. Wicked Strong is owned by a Boston-based partnership that has pledged to donate five per cent of any money won by the bay colt during the Triple Crown series to the fund set up for the bombing victims. Scan the above image with the Metro News app to view a gallery of Tuesday's events at Churchill Downs.

ROB CARR/GETTY IMAGES

NBA playoffs

Wizards run Bulls out of post-season

John Wall finished with 24 points, Nene scored 20, and the Washington Wizards beat the Chicago Bulls 75-69 on Tuesday night to clinch their first-round series in five games.

Bradley Beal scored 17 points, and the fifth-seeded Wizards advanced in the post-season for just the third time since the 1970s. They will meet Indiana or Atlanta in the Eastern Conference semifinals.

It's a huge step for a franchise that hadn't been to the post-season since 2008, but with Wall and Beal leading the way, they won 44 games during the regular season.

The Wizards turned a halftime tie into a nine-point lead heading into the fourth quarter and hung on down the stretch. Chicago's comeback chances took a big hit early in the final quarter when Taj Gibson crumbled to the court after injuring his left ankle. THE ASSOCIATED PRESS

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IL SALICI

DRIVE 5

From the sporty new Toyota Camry and luxe Acura TLX to the fully redesigned Nissan Murano, the New York International Auto Show enjoyed more than its share of important launches this year.

2015 cars shine in N.Y.C.

The Alfa Romeo 4C will hit select showroom floors later this year with a 1.75-litre engine. ALL PHOTOS WHEELBASE MEDIA

TODD D. BURLAGE
www.wheelbasemedia.com

Given its late place in the auto-show lineup and a date immediately after all the sexy concepts debut in Geneva, Switzerland, each year, the New York International Auto Show is often overshadowed when it comes to debut headliners and breaking industry news.

But with many notable intros this year, the Big Apple left a big mark on the auto industry, with many automakers unveiling new and improved models during the 10-day show in Manhattan.

Ford spared no expense or hoopla in the launch of its Mustang tribute edition, but it wasn't the only manufacturer making headlines in New York City. From the green to the mean, NYC enjoyed more than its share of important launches this year.

2015 Toyota Camry
Highlighted by an unmistakable sportier look that mirrors more expensive Lexus, Toyota used the stages of New York to reveal the latest version of the top-selling sedan in North America 12 years running, albeit a couple of years earlier than expected.

Sleeker headlight housings, a more athletic platform, pronounced lines and the redesign of nearly every body panel (save for the roof) give it a sense of motion even when standing still.

2015 Acura TLX
Honda's luxury division is consolidating the TSX and TL models to create the TLX. The styling remains sleek, and the performance and power are plenty adequate with four-cylinder and V6 engine choices, but the in-cabin creature comforts highlight this new ride. The TLX features Siri Eyes-Free Technology for iPhone users, heated and ventilated seats, real-time traffic and navigation, and a thumping 10-speaker stereo system.

2015 Dodge Charger and Challenger
Bold is the best way to describe these remodelled rides that debuted in New York. The change is more obvious for Charger than the Challenger, and for good reason. The Challenger plays more of a retro roll and for 2015, it pays more homage to the 1971 model. The best part is a new interior and coming in a close second is a tail tuck that smoothes the lines to look more like the 2006 concept car that we all fell in love with. Engines return basically unchanged, although all can be had with an eight-speed automatic transmission. The 6.4-litre Hemi V8 is good for up to 485 horsepower (estimated). Dodge is using the relaunches of these two classics as the headline act for its 100th anniversary celebration this summer.

2015 Nissan Murano
From technology and efficiency to safety and styling, this full redesign was on proud display in New York. Nothing really changes under the hood from the 2014 Murano, but partly by shaving 130 pounds off the platform, Nissan promises 20 per cent better fuel mileage than its predecessor.

Alfa Romeo 4C
Dominating the list of sexy debuts in N.Y.C., Alfa Romeo returned to North America with its gorgeous 4C sports car, ending a 20-year absence for the Italian automaker since introducing its last all-in entry to the U.S. market.

The 4C will hit (very few) showroom floors later this year with a 1.75-litre turbocharged inline-four engine that will launch the 4C from zero to 96 km/h in less than 4.5 seconds.

2015 Toyota Camry

2015 Acura TLX

2015 Dodge Charger

2015 Dodge Challenger

2015 Nissan Murano

Horoscopes

♈ Aries
March 21 - April 20
Some people won't hesitate to part you from your cash if they can see a way to do it. Don't be suspicious of everyone you meet today but remember there are bad guys in the world.

♉ Taurus
April 21 - May 21
There is no doubt you will achieve much over the next few weeks but you will achieve even more if you can persuade others to take on the boring chores, giving you more time for things that really matter.

♊ Gemini
May 22 - June 21
You may have to get tough with someone who has let you down. Don't go over the top and create unnecessary resentment but do make sure they realize this is the last warning they'll get.

♋ Cancer
June 22 - July 23
It's not easy being a role model but if anyone can do it you can. Be on your best behaviour today, set a good example and only do what is inspiring.

♌ Leo
July 24 - Aug. 23
You will come in for criticism of today but if you are smart, you will ignore it completely. At best it is misguided, at worst it is sour grapes. The fact is some people envy you for being such a larger-than-life character.

♍ Virgo
Aug. 24 - Sept. 23
Accusations will fly thick and fast today but none of the mud that is thrown will stick to you. It's not that you are whiter-than-white — you just know how to disguise what you do better than most people!

♎ Libra
Sept. 24 - Oct. 23
You must not take unnecessary risks today, especially with money. Keep your cash in your pocket and don't let anyone, no matter how smooth-talking, persuade you there is easy money to be made.

♏ Scorpio
Oct. 24 - Nov. 22
Cosmic activity in your opposite sign of Taurus means you won't get far on your own over the next few days, so let partners and loved ones and work colleagues know you need and value their support.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't worry too much if you get behind in your work because there will be plenty of time to catch up later on. It would help, of course, if you were not so willing to take on other people's tasks.

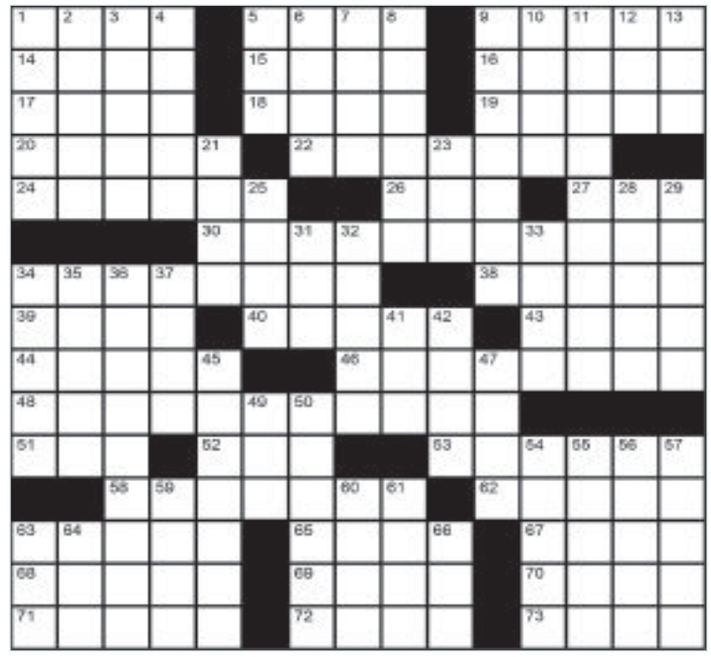
♑ Capricorn
Dec. 22 - Jan. 20
Anything of a creative nature will go well for you but it will go even better if you make an effort to bring other people into your plans. Friends and loved loves want to help.

♒ Aquarius
Jan. 21 - Feb. 19
Focus on helping others today. Everyone knows you're talented but what they may not know is that you get a huge kick from doing good for others.

♓ Pisces
Feb. 20 - March 20
Socially, this will be a great day but some of your friends may be angry that you are spending more time with new acquaintances than you are with them. You can't help if you're popular. **SALLY BROMPTON**

Crossword: Canada Across and Down

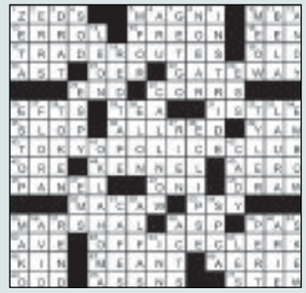
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Seasoning sort
5. Breeze
9. Swift
14. Nursemaid
15. Really rain
16. "The Jetsons" son
17. Low-cal
18. Yesteryear
19. BBQ cut
20. Ms. Ekberg
22. Motto of outstanding achievement honour the Order of Canada: Desiderantes Meliorem __ (They desire a better country)
24. Mr. Sutherland
26. Midmorning time
27. Couch break
30. "Which Way You Goin' Billy?" by Canadian band The __ __
34. Spinning-in-the-wind toy
38. Iceland band, __ Ros
39. Dosage, __ _ day
40. Steam bath
43. "The King's Speech" (2010) actress Jennifer
44. Fighting: 2 wds.
46. HST = Harmonized __ __
48. 1840s: The Great Famine led families to emigrate from Ireland to Canada by way of '__ __', so-called because of the many who died from the putrid conditions on board
51. Vertical's opp.
52. Morning grass stuff
53. Shania Twain's "Don't Be __ (You Know I Love You)"
58. Shake
62. Steeple
63. Carpentry joint part
65. Cab
67. Spare
68. Disguised, informally
69. Happy as a __
70. Barenaked Ladies title lady
71. Wants
72. __ seed oil
73. Heavy weight units [var. sp.]

Down
1. Lunchtime greenery
2. __ acid
3. Fancy tongue
4. 8th Greek letter
5. Operative
6. Fun-style negative
7. Etheric emanation
8. "__ Woman" (1990)
9. Eyes parts
10. Dawn love song
11. 1980 horror flick starring actor Leslie Nielsen: 2 wds.
12. 'Restrict' suffix
13. Tie-__
21. Rush's "Xanadu" bit: "To seek the sacred river __..."
23. Athletics authority [abbr.]
25. Performs
28. 1956 rocker: "Be-Bop-_-__"
29. Heat-resistant glassware
31. Fairy princess annoyance
32. Lavish
33. Architect, Ludwig __ van der Rohe
34. Illegally hunt
35. __ __ deep (Over one's head)
36. Region of The New World for Samuel de Champlain: 2 wds.
37. WWII RAF support gr.
41. B'__ B'rith
42. Snow-capped sights
45. Papineau, for Justin Trudeau ...and Outremont, for Thomas Mulcair
47. Approx. figures
49. Clear
50. Swiss timepiece brand
54. Disturb
55. Middle C site
56. Dick __, Jr. (Broadcasting legend)
57. Feats
59. Fine
60. Story
61. Test
63. Can
64. Opposite WSW
66. Gremlin

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		9			5	8	
3				2		6		4
7				5				
	7	3			4		2	
				8				
	9		3			4	1	
				9				1
5		6		1				9
	1	2			8		3	

Yesterday's Sudoku

1	6	8	8	3	6	2	7	4
4	2	7	1	9	6	5	3	8
3	8	5	4	7	2	9	6	1
7	5	1	6	4	3	8	9	2
6	4	2	9	5	8	7	1	3
8	9	3	7	2	1	6	4	5
5	7	8	3	8	4	1	2	9
2	1	4	5	6	9	3	8	7
9	3	8	2	1	7	4	5	6

Today 14°/5° Sunny
Thursday 14°/3° Showers 40%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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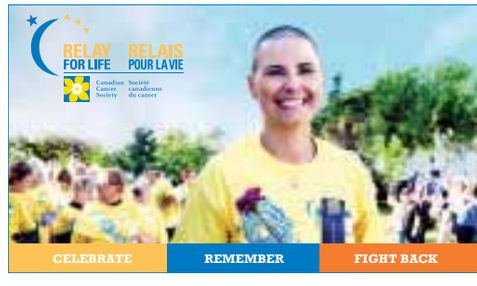

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